



Valued Interns, Volunteers, and Advocates

237 individuals were members of VIVA in Fiscal Year 2011

- **66 were interns**
- **171 were volunteers**



Value-Added Intern Service

The VIVA Interns represented 20 academic programs, including, associate's, bachelor's, master's, and doctoral degrees, and professional certification and licensure residencies. Interns provided the following services:

- 342 therapy groups were facilitated or cofacilitated
- 39 socialization groups were facilitated or cofacilitated
- 1,282 hrs of individual therapy sessions were conducted
- 11 hours of family therapy were conducted
- 5 assessments were completed
- 250 hours worth of progress notes were written
- 226 telephone screenings were conducted
- 83 face-to-face intakes or screenings were conducted
- 214 hours of psychoeducation and staff inservice trainings were presented
- 17 hours were spent answering phones at front desk
- 346 sets of vital signs were taken
- 3 physical exams were conducted
- A 25-page Resource Guide was created
- 8 individuals were taught the principles of DBT
- A spreadsheet to track Medicaid requirements was developed
- 5 letters were written to obtain durable medical equipment
- 106 urine screens were taken
- 26 hours of treatment planning were completed
- 10 incidents of crisis intervention were facilitated
- 20 individuals received art therapy
- 1250 hours of physical and occupational therapy, and infant education, were provided
- 24 weeks of creative exercise groups and music therapy/stress reduction groups benefitted an average of 10 individuals per week.

Intern: "I am so grateful for this opportunity to work with the staff, and most importantly, with the residents of this facility."

Fun Fact – The languages spoken by our VIVA Partners in FY 2011 were Spanish, Japanese, Krio, German, Tagalog, Swahili, Romanian, French, Hindi, and Farsi.



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VIVA Program FY 2011 Year- End Summary



Over 25,273 hours were served by volunteers and interns at CSB sites

The Virginia Average Hourly Value of Volunteer Time for this fiscal year, as determined by the Virginia Employment Commission Economic Information Services Division, was \$22.03. Based on this number, the average hourly value of services provided by the volunteers and interns to the Fairfax-Falls Church Community Services Board in the past fiscal year was:

\$556,764



Value-Added Volunteer Service

The VIVA volunteers actively supported the programs and individuals served by the CSB through these contributions of their time and expertise:

- 22 teens and adults were taught over 35 hours of yoga
- 72 hours of office coverage was provided
- 100 hours was spent with residents growing vegetables used in the facility kitchen
- 131 hours were given transporting individuals
- Over 367 calls were answered in Entry Services
- 336 hours were spent monitoring and mentoring individuals
- 100 informational packets were assembled
- 200 sets of toiletries and personal care items were given to individuals at a homeless drop-in center
- Over 10 large bags of material was shredded
- 102 hours were spent recording education task work to enhance DDCAT compliance
- 6 teens in the Leadership and Resilience Program were helped to build 3 birdhouses and 3 doghouses
- A volunteer arranged donations of a \$50 gift card and 300 goodie bags for the Gartlan Health Fair
- 22 psychiatrists were contacted to verify continued Medicaid availability on behalf of persons served
- Notes were taken at staff meetings
- 4 large binders were printed and assembled for catchment area directories
- Information on community substance abuse treatment providers was researched and compiled
- 4 adaptive seating units were built for individuals with developmental delays
- 30 electronic/talking children's books were created
- 7 handi-pockets were sewn for the walkers of children with developmental delays
- Equipment for children with developmental delays was repaired and painted
- Scooter boards, adjustable benches, balance beams, floor ladders, portable parallel bars, and a mobile bed and storage unit were constructed
- The GoBot was rebuilt and rebooted for powered mobility trials
- 960 children and adults received gifts for the December holiday
- 450 families received food baskets at Thanksgiving and the December holidays.
- 72 Easter baskets were provided to children
- 68 backpacks were collected for children
- A major landscaping project was completed at Woodburn
- A group of volunteers spent 18 hours doing yard work

Volunteer: "Volunteering has created valuable experiences for me in many areas of my life, including spiritually, mentally, and professionally."